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City to at-home farms: Cluck off

Zoning board nixes Roslindale woman's request to continue raising chickens in her backyard Vote deals a blow to sustainability movement gaining popularity nationwide Expert says ruling calls Hub's green credibilty into question {page 02}

MARTIN BOSE/GETTY IMAGES

World Cup. Two more

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STUCK AT WORK WITHOUT TV?
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METRO.US/SOCCER

▶ Abby Wambach and Hope Solo were two of the heroes of Sunday's inspiring triumph.

The U.S. women's national soccer team caught the eye of the nation over the weekend with their storybook finish against Brazil. But they haven't won anything yet: The PK win over the Brazilians — and the referee — only earned them a berth in today's semifinals against France. The Americans are favorites, but living up to their own hype won't be a simple task. {page 17}

News

Exclusive interview: Tony Blair

Former British PM acting as envoy in Middle East His take on unrest and Iran nukes Any regrets in Iraq? {page 07}

Harry Potter's last stand

The end is just two days away and Metro has a review. You'll need to study up! {page 12}

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In the news

77

The number of future events the Massachusetts Convention Center Authority booked in fiscal 2011, the most they have booked in the last four years
The authority's bookings last fiscal year were up 10 percent over fiscal 2010, according to State House News Service.
METRO

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City board lays an egg on try at sustainability

Movement for local homeowners to raise chickens spreading its wings ◗ Neighbors lend their support, but city officials still oppose Roslindale resident's request ◗ Chicken raisers say keeping hens is new green trend

Audra Karp of Roslindale will now have to go to her father's home in Ashland for fresh-egg omelets.

Boston's Zoning Board of Appeals yesterday unanimously rejected her request to keep her three hens at her Firth Street home. Karp was told by city officials months ago that she had to get rid of them because they were not allowed under zoning codes. They are now being cared for by her father.

"It's important for us to grow and raise food and that we know where our food comes from," she said during yesterday's hearing.

While she said the outcome was disappointing, Karp's effort to keep her chickens has not ended and she will work with city officials to change policy. Her effort is also part of a movement that has made its way across the country and Massachusetts.

Chickens are allowed in various cities including in Newton where city health inspectors regulate them. John McNally, a Newton environmental health specialist, said there are as many as 40 hens in that city, which does ban roosters because they make more noise. He said that requests to keep chickens has increased in the last three to four years because more people are raising them for their eggs and are keeping them as pets.

Robert Litt, who co-authored the book "A Chicken in Every Yard" said the vote "does seriously call in to question [Boston's] green credibility."

"Odor is rare and noise … they are less noisy than even a small dog," he said.

City Councilor Rob Consalvo, who represents Roslindale, opposed the request and said it could set a dangerous precedent. However, he said he would work with Karp to possibly change the regulations.

MICHAEL NAUGHTON
michael.naughton@metro.us

This guy won't be your next door neighbor any time soon.

Chicken-friendly

- Newton
- Brookline
- New York City
- San Francisco
- Portland, Ore.

Not just chickens

Efforts for sustainability aren't limited to raising chickens.

Eli Constantinou opened GYOstuff, a hydroponics store, in Cambridge in March and has had steady business.

"The traffic we've had over the past four months has been really encouraging," he said. "It's not just the fact you can grow your own food, but the fact that you know what's going in to it and on it."

Say so long to Harry

CAMBRIDGE. The Harvard Crimson reported yesterday that it would be airing the final installment of the Harry Potter film series a day earlier than the scheduled release.

More than 1,600 Harvard employees and students will get the chance to see the "Harry Potter and the Deathly Hallows: Part 2" – scheduled to be released to the American public at midnight Friday morning – in Harvard Square on Thursday evening as a result of an arrangement between AMC Theatres, Warner Bros., and a division of Harvard Human Resources called Outings and Innings, they reported.
METRO

First Web ad for T site

BOSTON. The MBTA will unveil the first ad on its website today.

The T hired a consulting company to select the appropriate ad for the site.

The ad remained a mystery until today, with even T GM Rich Davey saying even he will be surprised.

The ad will be a banner along the top of the T's website to bring in revenue for the deficit the T is facing. METRO

Indictment in child beating

REVERE. A Revere man who allegedly beat his ex-girlfriend's 5-year-old child so badly it caused permanent disabilities posted bail last week, officials said.

Joseph Testa, 29, was charged with assault and battery on a child causing bodily injury, among other charges, on July 5 the Suffolk DA announced yesterday. METRO

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NU student up on threatening witness charges

Chemistry scholar also faces charges for dealing 'love drug' in Philly Appears in federal court today

A Northeastern University graduate student accused of selling drugs in Philadelphia and then threatening the government's cooperating witness will be in federal court today.

Dennis Szymanski allegedly had telephone conversations about making a drug deal with a person who was working as a government informant. He arranged to meet the informant at a Best Buy parking lot in South Philadelphia in April to provide him with 2 kilograms of MDA, also known as the "love drug," in exchange for $36,000, according to court documents.

The pair met and exchanged the drugs for money and Szymanski was arrested by federal agents. He was released on $50,000 bail and was ordered to undergo random drug testing.

However, authorities allege that when Szymanski returned to Massachusetts he began to threaten the witness and his girlfriend.

Szymanski created a fake Facebook profile and sent messages to the informant's girlfriend. He also sent an e-mail to the informant from ratexterminator105@yahoo.com with the subject line "YOU RAT (expletive)," officials said.

"YOU THINK YOU ARE SLICK???," the e-mail said, according to court documents. "WE KNOW WHERE YOU ARE AND WE WILL MAKE THIS RIGHT. EVEN IF THIS TAKES 20 YEARS YOU WILL REGRET WHAT YOU DID DEARLY."

Authorities tracked the messages to a computer in the library of the UMass Medical School in Worcester. They were then able to find Szymanski on surveillance camera using the computer, authorities said.

▶ Szymanski

Alleged dealer

Szymanski is a Ph.D. chemistry student for the Center for Drug Discovery at Northeastern, according to a school Web page.

He graduated with a bachelor's degree in biochemistry and molecular biology from the University of Denver.

MICHAEL NAUGHTON
michael.naughton@metro.us

Alleged Chinatown mafiosos in court for organized crime

Officials are hoping that victims of an alleged organized crime ring in Chinatown will come forward after more members appeared in court yesterday.

The members were charged as part of a federal indictment that netted 26 people for organized crime conspiracy.

Five members ranging in age from 23 to 46 from Quincy, Malden and Somerville had court detention hearings yesterday.

"This criminal organization is alleged to have ... threatened and beat up individuals who failed to pay off large illegal debts, and moved women around the country to work in their brothels," said U.S. Attorney for the District of Massachusetts Carmen Ortiz.

With the members now facing a judge, prosecutors are hoping victims can feel comfortable coming forward. METRO/MN

$340K Cops seized
$340,000, 13 guns and 12,000 pills of what they believe to be Oxycodone.

NICOLAUS CZARNECKI/METRO

▶ The scene of the alleged gambling ring

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NICOLAUS CZARNECKI/METRO

▶ Fifteen food trucks are coming to Boston.

Boston keeps on truckin'

As part of a growing trend started in April, Mayor Thomas Menino announced yesterday 15 food trucks will be coming to more than a dozen new permanent locations across the city.

As part of the deal for opening their truck doors, vendors must offer at least one healthy item on their menu that doesn't include fried food, fake sugar or trans fat.

Hungry Hub-goers can find new food trucks in Back Bay, Bay Village, South End, Fenway, Kenmore/BU, Dorchester, the South Boston Waterfront, and the Charlestown Navy Yard.

Boston's Food Truck program, unlike other cities, has designated permanent spots on city streets.

STEVE ANNEAR

Passengers stuck for three hours underground on T

- First train stuck, then rescue train gets stuck, too
- Riders maintained good attitude, made the best of it

NICOLAUS CZARNECKI/METRO

▶ Two Red Line trains were evacuated yesterday.

Roughly 447 passengers on a Red Line train yesterday morning were evacuated after two cars stalled out for more than three hours.

Michelle Johnson, 22, said although the air conditioning stopped working after the first hour of entrapment, she didn't mind being stuck with strangers for an additional two hours.

"I had fun. The people that I was stuck with were great and we had a good attitude," she said. "We talked and took pictures, one person was making a documentary with their cell phone. We joked about the situation."

MBTA spokesperson Lydia Rivera said two, six-car trains were stuck in the outbound tunnel near Porter Square just after 9 a.m.

Rivera said at first one southbound train broke down between Harvard and Porter, but when a second train came along to pull the disabled train back to Porter, it also broke down.

Shuttle service was started between Harvard and Alewife for some passengers, while others remained underground.

The Cambridge Fire Department responded to the scene and EMTs offered medical attention

Passenger Nic Marmor, 25, said MBTA staff was friendly and attentive and kept trapped passengers updated the whole time.

"It was a day I wish I took my bike," said Marmor. "But the T people were great — they were cordial and accommodating."

The cause of the failure has yet to be determined.

STEVE ANNEAR
steve.annear@metro.us

On Twitter

AMTwo: @mbtaGM I would actually pay to be able to walk through MBTA tunnels as part of a tour. Midnight T Tunnel Tours once per month??

ooja: Maybe the #MBTA should start giving out headlamps and compasses with their monthly transit passes...

Scottam: The @mbta better reconsider the idea of refurb'ing old trains and buying new ones after today's Red Line fiasco. Buying a bicycle this week!

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Metro world leaders exclusive interview

NICK CUNARD/METRO WORLD NEWS

The Middle East is erupting in flames — and Tony Blair is the man to douse them Since resigning as Britain's prime minister, Blair has been the international community's envoy in the Middle East

'I warned Gaddafi'

▶ Tony Blair: "I read the Bible and the Koran every day."

When Tony Blair was appointed Middle East envoy, it meant leading the Israeli-Palestinian peace process. That brief still applies, but now he must tend to democratic transformations and civil wars, too. The Quartet — consisting of the U.N., EU, U.S. and Russia — speaks on behalf of the international community.

Blair, the charismatic modernizer of Britain's Labour Party, was elected prime minister in 1997. But leading Britain through 10 years of wide-ranging reform was a cakewalk compared to Tony Blair's current job.

Which Middle Eastern country is your top priority right now?
The Israel-Palestine peace process is still my main task, but I'll inevitably get involved in the situation in the Middle East as a whole. It's extraordinary, exhilarating, but of course it has also got real challenges.

What's the main challenge?
The big question in any revolution is not where it begins but where it ends. The question now is, will the forces of modernization use this push to democracy and take it to a place where it allows a functioning democracy to develop in their respective country, or will various elements, for example, Islamists, take the situation in a reactionary direction? The biggest risk in the current situation is that countries get destabilized through the revolution and don't take the right economic decisions to create jobs and prosperity for people. Then you end up with the revolution going in a reactionary direction.

The Arab Spring is a result of citizens' frustrations with their dictators, but the dictators were friends with the West. Was it a mistake for the West to be friendly with Middle Eastern dictators?
[Former Egyptian President Hosni] Mubarak, for example, is very different from [Libyan leader Muammar] Gaddafi. But in the case of each leader, there's a reason we were dealing with them. In the case of Mubarak, he was a force for stability in the Middle East. Thanks to the West's engagement, Gaddafi gave up his country's nuclear weapons program and stopped sponsoring international terrorism. Does that justify internal repression? No, but it poses us — the West — with a problem, since we're dealing with the respective leader from the outside. The reality of politics is that you can't simply say, "The only countries we're going to deal with are the countries that emulate our political system." So, you're always in a situation where you're making difficult compromises.

On the other hand, Gaddafi and Mubarak kept their countries stable, as have Hugo Chavez and the Castro brothers. Is stability sometimes better than democracy?
The most important thing now is to recognize the fact that the countries that are dictatorial are often not going to remain stable. One of the things we've learned from the Arab Spring is that even though an authoritarian country looks stable and sustainable, it's going to collapse.

Generally speaking, you can engage and work with an authoritarian ruler while at the same time urging them to make changes. This was a constant refrain I had with the Gaddafi regime. I told them, "You've got to change. You've changed your external policy; change your internal policy, too." In the end, they didn't want to.

The sanctions against Iran haven't had much impact. Is it time to engage with Iran?
The sanctions do have an effect. And it's not that people haven't tried to engage with the Iranian leaders to get them to stop doing what they're doing. The objection to what Iran is doing is very simple: It's trying to develop nuclear weapons, which would be very dangerous and destabilize the whole region.

What's the solution?
To keep pushing. If you withdraw sanctions, they'll think they can do whatever they want.

Doesn't Iran have a point when it says it's being unfairly targeted, considering that Israel is not being punished for its nuclear program?
Iran knows what the difference is. Iran developing nuclear weapons would completely change the balance in the region. If Iran got nuclear weapons, its neighbors would try to do the same.

ELISABETH BRAW
METRO WORLD NEWS IN LONDON

On Iraq

Do you regret invading Iraq?

I thought it was better to get rid of [Saddam Hussein] because he was a threat. It's odd that people say, "You shouldn't be dealing with such-and-such dictator" and then criticize you when you get rid of one who was far worse than any of the Arab dictators we talked about earlier. ... When I look at Iraq now, for all the challenges it has, I don't think you'd get a majority of Iraqis saying they want Saddam back.

NICK CUNARD/METRO WORLD NEWS

"Iran developing nuclear weapons would completely change the balance in the region. If Iran got nuclear weapons, its neighbors would try to do the same." BLAIR

Afghanistan power broker assassinated

Trusted bodyguard has murdered member of the ruling Karzai family

The younger half-brother of Afghan President Hamid Karzai, one of the most powerful and controversial men in southern Afghanistan, was shot dead at his home yesterday by a senior and highly trusted family security guard.

Ahmad Wali Karzai's assassination will leave a dangerous power vacuum in volatile Kandahar province, the Taliban's birthplace and a focus of recent efforts by a surge of U.S. troops to turn the tide against the insurgency.

He was accused of corruption and ties to the opium trade, but always denied any wrongdoing and was strongly supported by his brother whose influence he shored up in the south.

Ahmad Wali Karzai was shot dead by Sardar Mohammad, a senior member of the Karzai family's security team in Kandahar who had known his victim for at least a decade. REUTERS

Family history

Ahmad Wali Karzai was the first of Karzai's close relatives to be killed since he became president, but their father was assassinated in 1999 while in exile.

KATALIA KOLESNIKOVA/AFP/GETTY IMAGES

Russia. Volga River wreck

▶ Relatives and friends of Faina Valiullina, one of the 116 people killed in Russia's worst river disaster, pray during her funeral ceremony outside Kazan.

Anger over child tragedy

Russian authorities faced growing anger yesterday over the sinking of an aging, overcrowded tourist boat in the Volga River after divers found the bodies of dozens of children in the wreckage. REUTERS

News Corp. scandal becoming more toxic

LONDON. Former British Prime Minister Gordon Brown accused Rupert Murdoch's News International media group yesterday of using criminals to obtain information illegally about his private life as a British police chief who investigated phone hacking by the media baron's journalists said his own voice mails were probably spied on, but he denied a suggestion that this intimidated him into dropping the inquiry. REUTERS

"My tax returns went missing at one point, medical records have been broken into."
BROWN

Price for Netflix going up

LOS ANGELES. Netflix Inc. will raise by 60 percent the monthly price of a plan that lets subscribers watch unlimited movies and video online and get DVDs by mail.

Customers who want both services will pay $7.99 per month to rent one DVD at a time plus $7.99 for unlimited streaming, or a total of $15.98 per month. The previous cost of this plan was $9.99 a month. REUTERS

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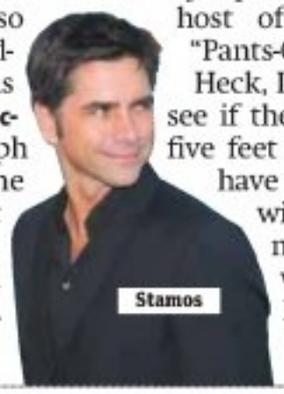
THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Karina Smirnoff dishes on dream dance partner

"Dancing with the Stars" is currently seeking out celebrity contestants for the 13th(!) season of the hit show (**Dina Lohan**, **Mike Tyson**, **Shaquille O'Neal**, "Bachelorette" **Ashley Hebert**, **Melissa Gilbert**, **Regis Philbin**, and **Khloe Kardashian** are among some of the names being batted around) but **Karina Smirnoff** has someone else in mind: Uncle Jesse.

"Definitely **John Stamos**. I think he's got the looks. He's got the experience of being onstage, doing Broadway," Smirnoff told Hollyscoop of her dream partner. She also dishes on her friendship with previous partner **Ralph Macchio**: "I think Ralph was God's gift to me at the show. We got to the semifinals and we haven't had one argument. We're still really good friends, talk every day," she dishes.



Stamos

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DOROTHY ROBINSON'S WORD BLOG

Forget Lohan — what "DWTS" should do is have a "Full House" dance-off! You know you've always wondered what Kimmy is up to; plus **Jodie Sweeten** is practically a pro having been the host of the esteemed "Pants-Off Dance-Off." Heck, I'd tune in just to see if the **Olsen twins** (all five feet of them) would have to be paired up with a midget partner. A midget who can dance like the wind!

PHOTOS: WIREIMAGE/GETTY IMAGES

▶ Wonder if she's stepping up to Jesse and the Rippers?

Halle Berry is safe

Halle Berry can rest easy now that **Richard Franco**, the 27-year-old man who allegedly stalked her home repeatedly over the weekend, was arrested for felony stalking late Monday night, according to TMZ. Law enforcement officials say Franco jumped over the back wall of the Oscar-winning actress's home only to be nabbed by her private security, who alerted the police. Berry spotted Franco in her backyard multiple times over the weekend. TMZ.com reports that Franco has a long rap sheet — he just served time last month for battery. He's been busted for felony car theft, felony vandalism, several drug use offenses and several juvenile offenses.

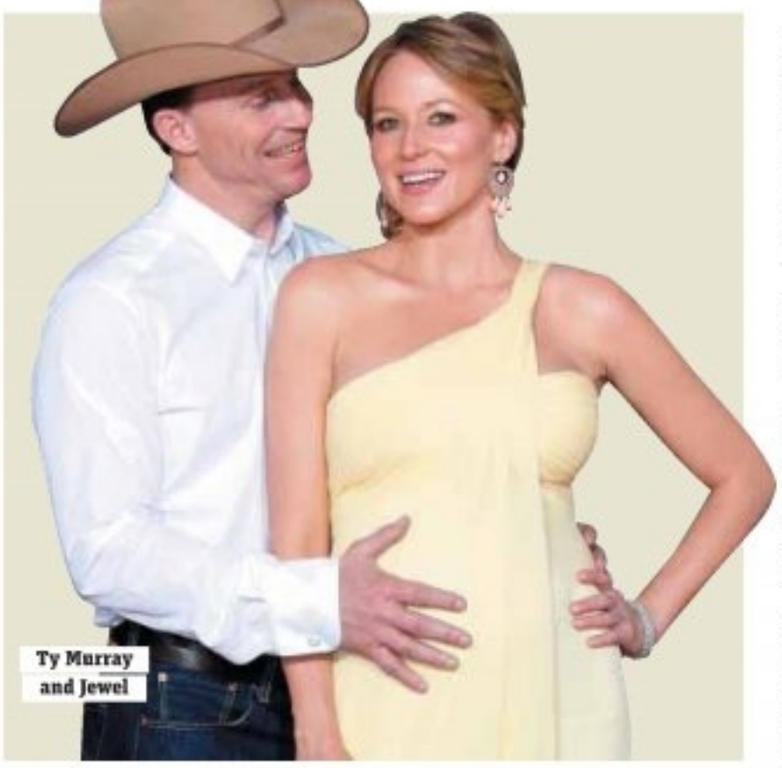
Talking points

Jones' little mad man?

If **January Jones**' shopping habits are any indication, she's having a girl. The very pregnant "Man Men" star visited L.A. children's boutique Poppy recently, where she bought some decidedly girlish baby clothes, according to Hollyscoop. Of course, shopping tendencies don't count for everything, as Jones was spotted last month checking out blue baby clothes at a Los Angeles Target, prompting many to speculate she is having a boy.

Kunis needs a reality check

Mila Kunis doesn't speak very highly of herself when it comes to her comic chops, despite making a name for herself on "That 70s Show." "It's hard to be funny in general. I think I have a good sense of humor, but I'm not, like, a joke-teller," she tells GQ. "Believe me, I have no idea why anyone hires me." The "Friends with Benefits" star also admits that she's currently single, thanks in large part to her work schedule. "I wouldn't dare wish myself upon anybody at this point in my life! My shooting schedule is crazy," she says.



Ty Murray and Jewel

It's a boy for Jewel

Jewel and her husband, **Ty Murray**, welcomed a baby boy, Kase Townes Murray, on Monday, the singer confirms to People magazine. "Ty and I are so pleased to welcome our new baby boy into the world," Jewel tells the magazine. "We are overcome with happiness."

2

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

Today, Olivia Wilde can pass for a teenager, Aziz Ansari has some dating standards, and Taylor Swift is bored.

▶ **@oliviawilde**
A doorman just asked what year of high school I'm in. When I said I wasn't, he thought I was a drop-out and said I should rethink my future.

▶ **@azizansari**
If I was on a date and girl said she wasn't a fan of Above the Rim OR it's accompanying soundtrack, I'm out.

▶ **@taylorswift13**
Yeah, there are all sorts of fun things to do while sick and on vocal rest. Like sitting here, popping bubble wrap by myself.

Olivia Wilde

myentertainment

A wizardly premiere and a 'Dictator' on set

1: Osama bin Laden alive? No, it's Sacha Baron Cohen while on set for his new film "The Dictator," now filming in Midtown Manhattan. Co-star Megan Fox was also snapped.

2: Kim Lee (now in "The Hangover: Part 2") attends the Playboy All-Star Celebrity Kick-Off Party at Boulevard3 on Monday in Hollywood, Calif.

3: Rupert Grint, Daniel Radcliffe and Emma Watson attend the New York premiere of "Harry Potter and the Deathly Hallows: Part 2" at Avery Fisher Hall, Lincoln Center on Monday night in New York City.

4: Model Brooklyn Decker didn't melt in this heat while at the launch of Sephora's Same Day Beauty Delivery at Sephora Flatiron yesterday in New York City.

5: Sarah Jessica Parker brought along a hot date to the New York premiere of "Harry Potter and the Deathly Hallows: Part 2" — her adorable son James.

6: He wears his sunglasses at night: Penn Badgley spent Saturday with friends at the VIP section of Carrera Sunglasses Escape at the Mondrian SoHo. No longer dating Blake Lively, Penn told friends that he is finally moving into a bachelor pad on the Lower East Side. We're available for house warming parties, Penn!

1: RAY TAMARRA/GETTY IMAGES
2: DAVID LIVINGSTON/GETTY IMAGES
3: STEPHEN LOVEKIN/GETTY IMAGES
4: BEN HIDER/GETTY IMAGES
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The devilish charm of Jason Sudeikis

While promoting his new film, 'Horrible Bosses,' the 'Saturday Night Live' actor is quick with the quips

At a press conference for last weekend's box-office hit "Horrible Bosses," it was obvious that of the three leading men — Charlie Day, Jason Bateman and Jason Sudeikis — who hatch a plan to off each others' bosses, it's Sudeikis who has the history with improv.

Cracking wise about one reporter's comment that Jason Bateman has never given a bad performance ("We gotta get you a Netflix account then") and Jennifer Aniston's ubiquity ("That's how I know you! You were on 'Friends'!") the "Saturday Night Live" cast member is always quick with a comeback — even if "Bosses" itself wasn't improvised at all.

"Improvisation for me is like the camera's rolling and we don't know where we're going and let's just waste people's time and money," Sudeikis says. "That's not what happens. All three writers laid out a tremendous framework and we sort of, at the beginning of the day, Charlie, Jason and I — and [director Seth Gordon] — would talk about the scene and we'd develop a different rhythm."

HEIDI PATALANO
heidi.patalano@metro.us

JOHN P. JOHNSON

▶ Jason Sudeikis on the set of "Horrible Bosses."

A picture will last longer

Playing a man who loves his job, except for his new completely inept boss (played by an unrecognizable Colin Farrell), Sudeikis' character also falls into the trap of Charlie Day's man-eating boss, played by Jennifer Aniston. When asked to describe how the off-camera scene with her might've looked, Sudeikis is more than helpful.

"Here's how it went down," he says grabbing a pen and a piece of paper, about to sketch out an illustration. "These are stick figures. It's going to be very crude. Assuming that all our sex organs are in the same position as other people's, you've probably seen what it was before and I probably just held on for dear life."

TV watch list

▶ Denis Leary stars in "Rescue Me."

'Rescue Me'

DRAMA. The final season of Denis Leary's hit kicks off with new potential drama for Tommy's family life when Sheila and Janet become BFFs. **Season premiere, 10 p.m., FX**

'So You Think You Can Dance?'

REALITY. 'Modern Family' star Jesse Tyler Ferguson is a guest judge tonight when the top 12 dancers perform. **8 p.m., Fox**

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MTV2 Must-see

Watch as one team loses a crew member and considers firing their crew chief on "Burnout: The Ultimate Drag Race Challenge." Tune in this and every Saturday at noon, only on MTV2.

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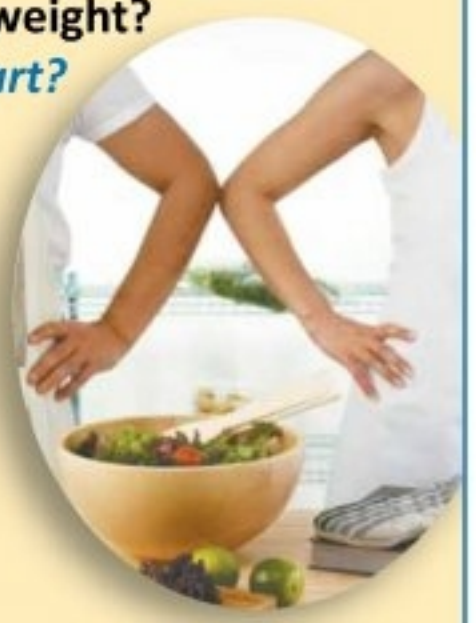

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▶ Daniel Radcliffe portrays Harry Potter for the last time in "Deathly Hallows: Part 2."

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Goodbye Mr. Potter

The final 'Harry Potter' film brings the series to its logical conclusion With a great sense of closure, 'Deathly Hallows: Part 2' sends off Harry, Hermione and Ron

As Boyz II Men once sang, "It's So Hard to Say Goodbye to Yesterday." That will certainly be true for the Potterheads of today, who are about to savor their final look into the world of Hogwarts. They won't be disappointed by what they find there. While this adaptation, like the others before it, has to sacrifice some chunks of the story in order to keep the movie at a reasonable length — and this is one of the series' shortest, clocking in at about two hours — the essential arcs of the plot survive.

This film, like "Deathly Hallows: Part 1," is much darker than the first films in both content and style. The cinematography reflects the mood of the plot using washed out colors. But the playful elements that drew us into the first books still make an appearance here and there, keeping the grim atmosphere in check.

Those who haven't read the books or seen the previous movies had best brush up ahead of time, however. Major characters show up and disappear with little explanation given. But that doesn't seem like the wrong choice, as such exposition would ruin the momentum. For the average Potterhead, this lack of context is no problem.

All in all, director David Yates, the man who took on four of the eight films, shows a steady hand with the most precious material of the series. It's an emotional experience — both terrifying, with Ralph Fiennes' disturbing as ever as Lord Voldemort, and heart-warming, given the genuine sadness of the three leads as they say goodbye to Hogwarts.

If you go

- **'Harry Potter and the Deathly Hallows: Part 2'**
Director: David Yates
Cast: Daniel Radcliffe, Emma Watson, Rupert Grint
Rating: PG-13
Grade: ●●●●○

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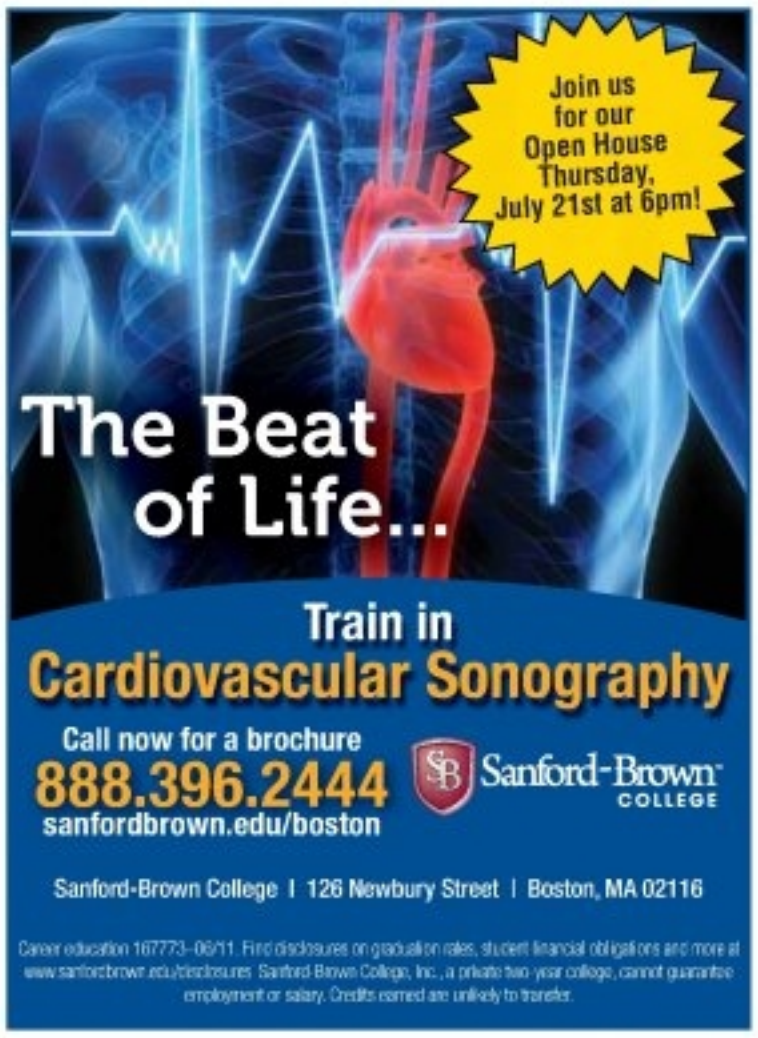
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Throw it up and strut!

From the spring runways to the sidewalks Forget the ponytail — a topknot is your new summer 'do

Let us count the ways we love the topknot: It takes 2.5 seconds to create. The style works with just about any outfit, from maxi skirts to cutoff shorts. And (our favorite), the 'do works better with dirty summer hair.

But there's a fine line between a fashion-forward topknot and gym hair. According to Tony Kelley, senior stylist at Cutler Salons, it's all about making the style look deliberate. "It has to look like there was some intent behind it — the knot has to be really twisted in a way that's beautiful or something that it doesn't look like a ponytail that's folded over," he says.

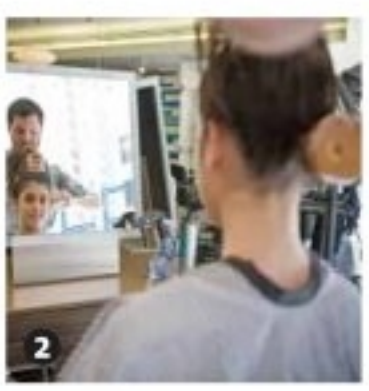
Here's how he does it up:

From the Rebecca Taylor spring show

TINA CHADHA
tina.chadha@metro.us

PHOTOS: EMILY ANNE EPSTEIN/METRO

1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Kelley's instructions:

1 Gather your hair as if you're making a high ponytail.

2 Brush the hair from back of your head up so it's tight and there are no bumps. But leave the front soft so there's natural texture on top. The top shouldn't look too slick.

3-4 Start twisting your hair and loop it into a knot. While twisting, you can add mousse to smooth it out.

5 Secure the knot by adding French pins throughout the twist.

6 Once you have the basic shape, adjust the top and pull out bits in the front.

All about texture

Dirty hair? No time to blow dry? No problem: "With a few tweaks it can be a great look that works really well with natural texture. You don't have to blow out your hair. The more texture you have in your hair, the more grease or product is in there, [the better] to just throw it up," Kelley tells us.

Top tips

1. The higher the knot is on the head the more fashion it will feel.
2. Leave natural texture up on top so it's not too slick-looking.
3. Anytime you can hide the way it's secured (such as with pins rather than a chunky clip), it will have a more done feeling.

60% of Metro readers own their current home.
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mywellbeing

An intestinal investigation: Metro probes into probiotics

It seems they're popping up in products everywhere Should you be incorporating them into your diet?

Probiotics seem to be the nutritional buzzword du jour. These "friendly bacteria" are being added to everyday items like fruit drinks and pizza crust with claims of boosting the naturally occurring essential flora that inhabit the intestinal tract.

"Probiotic literally means 'for life,'" says registered dietitian Linda Antinoro, who is the senior nutritionist at Boston's Brigham and Women's Hospital. There's good reason to be concerned about whether we have enough friendly bacteria. "They are under attack from bacterial and viral infection, and use of antibiotics," she says, "and people with a lousy diet may need to take a probiotic to restore them."

Health claims for probiotics include boosting the immune system, preventing illnesses like Candida and intestinal cancer and even aiding in weight loss. "The only proven thing is the action on gastric disorders such as diarrhea and bloating," says Antinoro. "It might well help the immune system, it might benefit disorders such as Crohn's and colitis, or prevent cancer. Probiotics for weight management seems tenuous, though."

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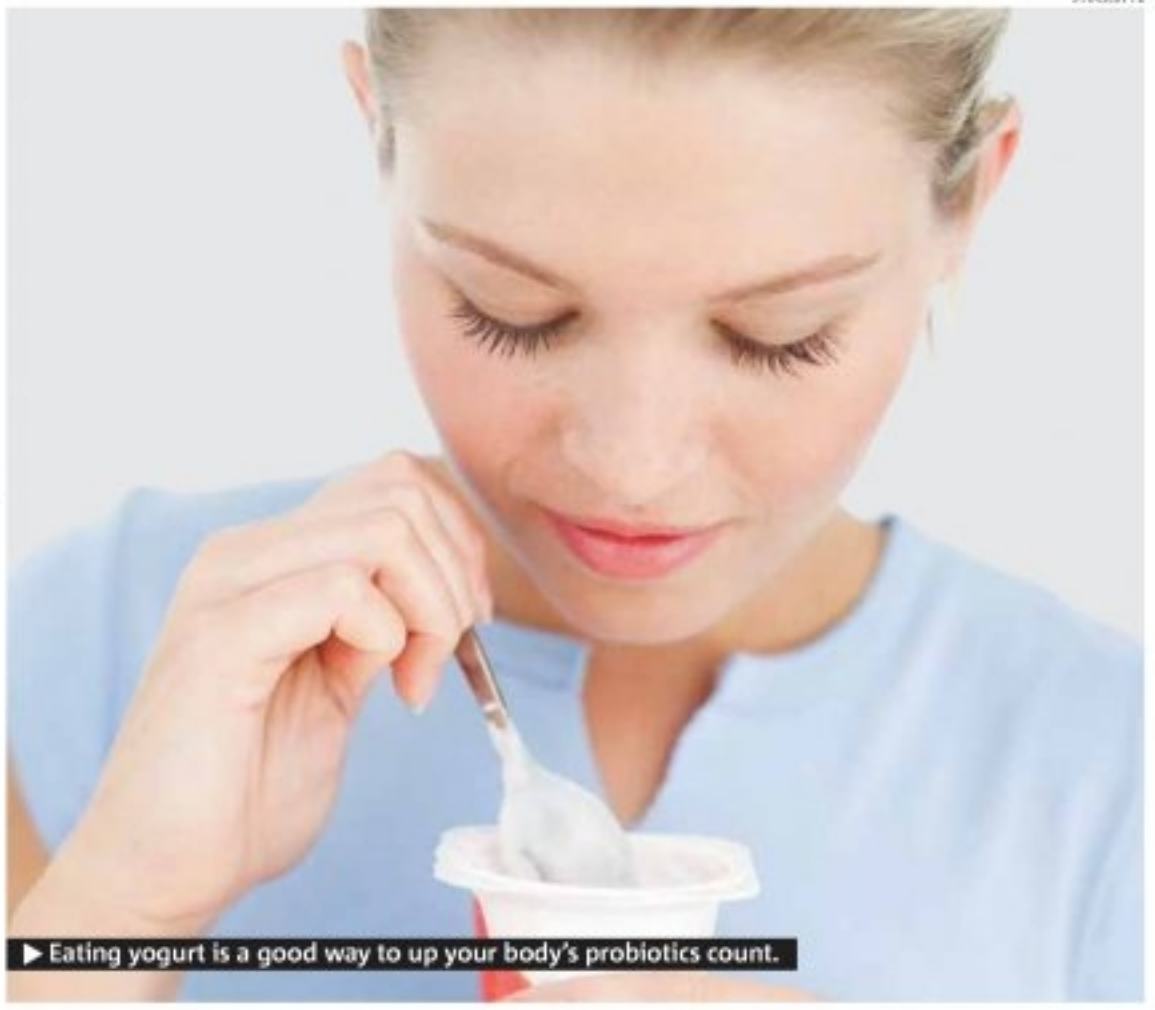
STOCKBYTE

▶ Eating yogurt is a good way to up your body's probiotics count.

Products with probiotics

Boosting intestinal flora is best achieved by a healthy diet. We checked out some probiotic sources to see if they made the grade.

Yogurt and kefir: Packed with live cultures, "they are ideal and add calcium and vitamin D, too," says Antinoro.

Probiotic pizza dough from Naked Pizza: "It might be healthier, but there's no real way of knowing how much you're getting," she says.

PRE Probiotic Enhancer fruit drinks: Some contain sugar, which isn't good for gut health. "Sugar may be counterproductive, but if that's the only way to get people to take in probiotics then it serves a purpose," says Antinoro.

Probiotic pills and powders: "There are possible benefits, but the potency is not regulated so you're never quite sure what's in there," she says.

Local health

Meals on wheels

If you're exhausted when you get home from work, **Healthy Habits Kitchen** is happy to help you with meal prep. The Wellesley-based company delivers just-about-ready meals like Blue Cheese Burgers and Mojito Chicken straight to your doorstep for an average of $5 a serving. The meals are prepared daily with fresh, local ingredients and certified by a nutritionist to contain healthy amounts of calories, fat and sodium. And just in time for those lazy days of summer, the company is offering meal packages as a way for you to buy your meals in bulk and save. For more info, visit www.healthyhabitskitchen.com.

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How to deal when your boss steals your ideas

'You must strike a balance of honesty, diplomacy and directness,' therapist says Exactly how to do it

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The question

I've been at my job for two years and receive positive reviews and get along with my colleagues. I enjoy my job and plan to continue my career at this company. I've noticed lately that my boss keeps taking credit for my ideas. I'll suggest something and then he'll make it seem like his idea. This doesn't seem fair. What should I do?

This is a tough situation: You're trying simultaneously to protect your hard work, maintain your job and not upset your boss. You must strike a balance of honesty, diplomacy and directness. Do know that in taking your ideas, your boss is actually complimenting you — he's just going about it entirely wrong.

Here's what you can do: Ask your boss for a review, clarify duties, responsibilities and expectations and express your strong dedication and commitment to the job. In a non-accusatory way, tell him or her that you feel you don't always get full credit or recognition for your efforts and that it's really important that you do because you value hard work. Approach the situation gently by taking the stance that there may be a miscommunication: "I'm sure it wasn't intentional but I noticed my name was left off the reports." This approach will send the message that you're aware of what's going on and hopefully it will lead to change.

Protect yourself by keeping e-mails and maintaining a paper trail, and copy your boss on e-mails that show progress you're making. Think like a leader: Interact with senior level colleagues, conveying your cutting-edge ideas and expertise so they're aware of your capabilities and skills. This serves two purposes: One, it helps promote the perception that you're an important player in the company. Two, it sets you up for advancement within, should things not work out with your current boss.

Ultimately, if things don't change, then bring human resources into the situation. Remember to be calm and respectful because getting credit isn't worth much if it's done at the expense of losing your job.

– Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com

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Debate, the second day

RE: "THE RICH GET IT BOTH WAYS!": The costs of our federal debt are staggering. The interest payments tax productive work to reward idle ownership, exacerbating the disparity between haves and have-nots. Government borrowing crowds out private investment. Raise taxes. Cut Medicare. Cut the military. Cut Medicaid. Cut Social Security. Raise taxes on both the rich and the middle class. And don't stop when we get a surplus: Keep going until the debt is paid down.

DAN WYLIE-SEARS, BRIGHTON

Taxes do not need to be raised if we can make necessary cuts in our government spending. The only way to do that is to change what we think the role of government should be. If you want a "nanny do-gooder" state to take care of you your entire life then we will have perpetual debt crises until the system collapses. For most of human history people have had to work their entire lives and only recently have many more people been able to retire early. There is no job on earth that guarantees retirement.

KELLY DONNOE, VIA E-MAIL

It appears there is strong support for letting the Bush tax cuts expire for people making over $250,000, but shockingly little support for letting them expire for people making less than that amount, despite the fact that 80 percent of the benefit of the cuts went to people making less than $250,000. Perhaps this is because our wise president is only going after the 20 percent — people who didn't vote for him.

WALTER BRANSON, MILLIS

After working hard to pay Medicare and Social Security for our retirement, Congress wants to cut our benefits.Why don't they eliminate the pension for all lawmakers — state and federal. They will live worry-free, with us always struggling.

HENRI BAPTISTE, WALTHAM

Reaping what we've sown

Who is surprised by droughts in 14 states? The oligarchy surely planned this for us all. Forcing us to use fossil fuels while suppressing free energy, cold fusion, nonfunding of Bussard's Fusor, and water car technology that would have prevented global warming; and Big Agriculture, creating miles of open fields with no wind erosion protection. Denude the Earth and you get drought, any eighth grader knows that.

CHARLES COUCH, VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♋ Cancer **June 21-July 22.** Treat everyone you're around as someone special and it'll add a luster to your personality you couldn't manufacture. Make popularity your goal.

♌ Leo **July 23-Aug. 22.** Lady Luck always tags onto tenacity of purpose, so unless you don't want her in your life, do whatever you can to make what you want happen.

♍ Virgo **Aug. 23-Sept. 22.** Good things happen when we get out and do what we can to socialize with others. You might even be able to make a special new friend.

♎ Libra **Sept. 23-Oct. 23.** Some kind of better shift in conditions is developing for you, of which you might not initially be aware. As time passes, however, it will become abundantly clear to you.

♏ Scorpio **Oct. 24-Nov. 22.** There are strong indications that something you're trying to do cannot be accomplished alone. If you're having trouble tackling an important project, keep this in mind and get a partner.

♐ Sagittarius **Nov. 23-Dec. 21.** By thinking in positive terms or using constructive measures to fulfill a material hope or expectation, a sizeable profit can be realized. Don't let yourself get dragged down.

♑ Capricorn **Dec. 22-Jan. 19.** You should try to make things happen instead of waiting for them to occur. Enterprises you originate and personally control have strong possibilities of becoming realities.

♒ Aquarius **Jan. 20-Feb. 19.** Even if you are a trifle bit slow in revving up some steam to get yourself going, once you get started, there will be no holding you back.

♓ Pisces **Feb. 20-March 20.** There is likely to be some strong justification for you feeling a bit fortunate. Dame Fortune won't do the job for you, but she will help you to get on a roll and pull things off.

♈ Aries **March 21-April 19.** If you're designing something you hope could generate a profit, once your plans are solidified, don't sit on them. Delay won't help; only action will make things happen.

♉ Taurus **April 20-May 20.** Get out and mingle if you can, because you could run into someone who belongs to a group you're longed to join. When you start interacting, others will interact with you.

♊ Gemini **May 21-June 20.** Instead of trying to make things happen, let life take its own course of events. Lady Luck is likely to do a far better job for you than you can yourself.

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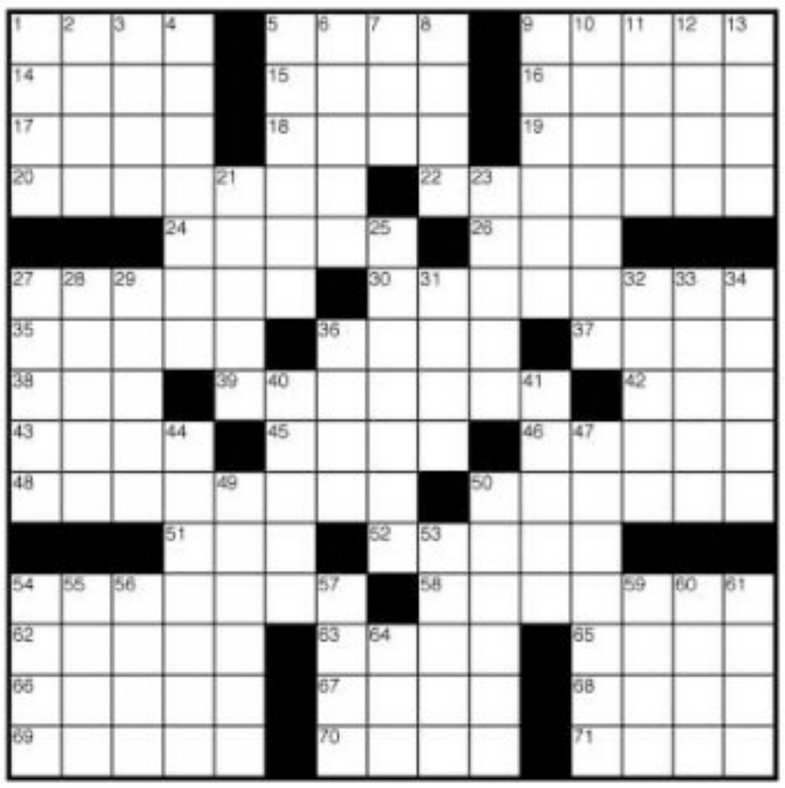
Across
1 Says please
5 Depict unfairly
9 Stood petrified
14 Guy
15 Mound
16 Waterloo resident
17 Senhora
18 Cattle-call reward
19 Make changes to
20 Forces
22 Mardi Gras highlights
24 Tough fabric
26 Here, for monsieur
27 Impassive
30 Dazzling
35 Piano fixer
36 Wooden trunk?
37 Ms. Bombeck
38 Pub pint
39 Overture to an opera
42 Decide on
43 Hail a cab
45 Mournful wail
46 Ms. Zellweger
48 Did not succeed (2 wds.)
50 Dots on a monitor
51 Web addr.
52 Royal decree
54 Nap
58 Had quarters
62 Nut cake
63 Anon's companion
65 Director Ephron
66 Really nice person
67 False witness
68 Honeycomb unit
69 Thick with cattails
70 Likewise
71 Bring to bay



Down
1 "Back in Black" group
2 Frighten a fly
3 Batman creator
4 Glitter
5 Crackers go-with
6 Newsstand
7 Bracket type
8 Show distress
9 Intense
10 Loose-leaf lettuce
11 Still unpaid
12 Novelist Grey
13 Means justifier
21 Tweet
23 Felt under par
25 Set apart from the rest
27 Walking stick
28 Delicate fabric
29 "Kazaam" actor
31 Fringe benefit
32 Bagpipe sound
33 Oblige
34 Evenings out
36 Lugosi of horror flicks
40 Come from behind
41 Sevareid and Ambler
44 Oversupplied
47 Like dinosaurs
49 Voluntarily
50 Coyote State capital
53 Improbable wish
54 Galaxy unit
55 Make sharper
56 Natural impulse
57 Underwater shockers
59 Active sort
60 Dashiell's peer
61 Hill's opposite
64 Itinerary preposition

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				7				
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6			5		3			9
8			4				5	
				8				
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1	7		9					

SUDOKU **LEVEL: EASY**

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	7				6			
			1				3	
4		7					8	
	8	2				3	5	
	9					7		1
	5				2			
			6				7	
8	1		7	4			2	3

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

A	S	A	P	■	E	A	S	E	■	Z	I	G	G	Y
U	L	N	A	■	S	C	O	T	■	E	M	I	L	E
N	E	O	L	I	T	H	I	C	■	A	B	B	E	S
T	E	D	■	L	E	E	R	■	A	L	I	E	N	■
S	P	E	C	I	E	S	■	B	L	O	B	■	■	■
■	■	■	B	A	M	■	M	A	L	T	E	S	E	■
O	G	L	E	D	■	H	O	Y	A	S	■	H	O	E
R	O	A	R	■	R	I	L	E	Y	■	C	A	N	E
K	A	I	■	C	E	D	A	R	■	H	O	W	S	O
■	T	R	A	I	L	E	R	■	M	A	N	■	■	■
■	■	■	G	R	A	S	■	T	I	B	E	T	A	N
■	M	E	R	C	Y	■	D	E	S	I	■	H	M	O
C	A	M	E	L	■	M	O	N	S	T	R	O	U	S
A	I	M	E	E	■	A	L	E	E	■	E	L	S	E
B	L	A	S	T	■	P	E	T	S	■	N	E	E	D

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Expectations rising for US

Americans playing against more than France in today's Women's World Cup semis ◗ After a transcendent win, living up to the hype won't be easy

With one cross and one header, the Robbery in Dresden turned into the Miracle on Grass.

Cliche after cliche has been heaped on the Americans' Women's World Cup quarterfinal against Brazil — all deserved. The PK triumph touched every chord: hero over villain, fairness over corruption, team over individual. And it turned a little-known tournament and team into the talk of the country in a matter of days.

But now, Hope Solo, Abby Wambach and Megan Rapinoe face an even greater foe than the Brazilians and their referee ally: living up to the hype.

The Americans must beat France today (11:30 a.m., ESPN) to make sure their victory doesn't ring hollow. The semifinal is sure to garner the biggest TV audience for the women's game since 1999 — a large percentage of which probably hasn't watched a soccer match since the 2010 men's World Cup.

They're going to expect something special from the Americans' seeming team of destiny.

That means a victory today — and another in the final. It's all or nothing now for the U.S. Do they have it in them? METRO

GETTY IMAGES

▶ The U.S. women have the country behind them. But to make their quarterfinal miracle mean anything, they're going to have to bring home the World Cup.

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LIVE BLOG
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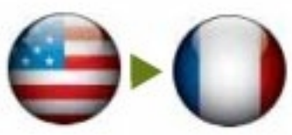
SWEDEN 1, GROUP C **VS** JAPAN 2, GROUP B

2:15 P.M., ESPN

Line: Sweden -155 (bet $155 to win $100); Japan +120
The Scoop: The winner of today's other Women's World Cup semifinal will play either the U.S. or France in Sunday's final.
The Pick: Sweden upset the U.S. in group play. They'll win this one, too.

Matchups



- **U.S. defense vs. Louisa Necib**
- **Breakdown:** The bad news is Rachel Buehler is out. Veteran Christie Rampone will be key in stopping Necib.
- **Advantage:** France. The loss of Buehler isn't devastating, but you never want to change this late.

- **Abby Wambach vs. French defense**
- **Breakdown:** Wambach is the most athletic and physical scorer in the world. No one on France's back line can mark her in the air.
- **Advantage:** U.S. Wambach will definitely be counted on: She snapped out of her long scoring slump in a big way against Brazil on Sunday.

United visits Gillette tonight

Can't make it to Germany for the World Cup? There's a pretty big game in Foxborough tonight.

English power Manchester United is kicking off its preseason U.S. tour with an exhibition match against the Revolution. Most of ManU's stars are expected to play in the 8 p.m. game. METRO

Research Study on Type 2 Diabetes

Volunteers wanted for a research study that evaluates the effects of insulin administered in the nose on blood flow in the brain and memory.

Looking for 60 participants (age > 50 years):
- Group 1: type 2 diabetes mellitus (for > 5 years)
- Group 2: healthy controls (without major health problems)

Study visits include: Overnight stay for 3 days, blood tests, medical and memory examinations, blood flow measurements using ultrasound and MRI.

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Beth Israel Deaconess Medical Center, Boston

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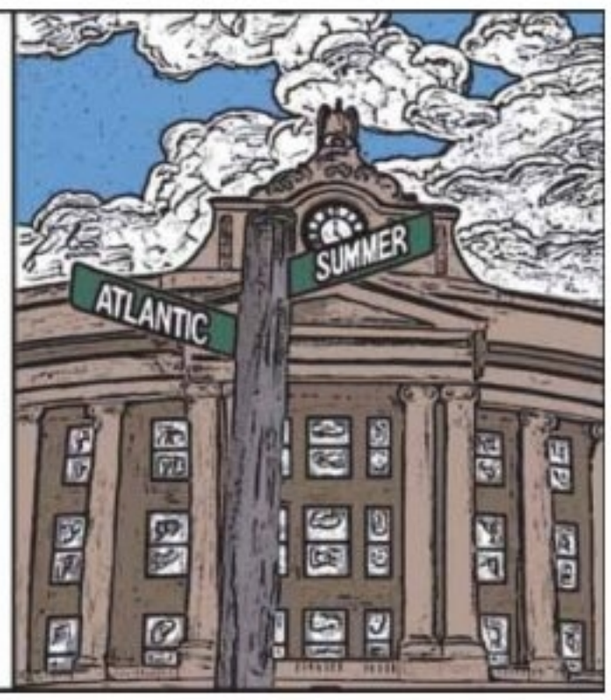

JOEL SAGET/AFP/GETTY IMAGES

▶ Norwegian fans cheer on the peloton yesterday.

Tour de France rides on

The Tour de France got back on the road yesterday following a rest day, with Andre Greipel claiming victory in the flat, 98-mile Stage 10 from Aurillac to Carmaux.

Johnny Hoogerland and Juan Antonio Flecha — the riders hit by a car in a freak accident toward the end of Stage 9 — both rode. Hoogerland did enough to hold onto his polka-dot King of the Mountains jersey.

Today's 11th stage is a flat, 104-mile jaunt from Blaye-les-Mines to Lavaur. METRO

"I'm just very happy that I'm still in the jersey and still in the race. That was my goal for today: surviving."
JOHNNY HOOGERLAND, WHO WAS HIT BY A CAR IN STAGE 9

Two more Sox days off

BOSTON. Ready for two more days without baseball?

The Red Sox will enjoy the back half of the All-Star break today and tomorrow before visiting Tampa Bay on Friday. METRO

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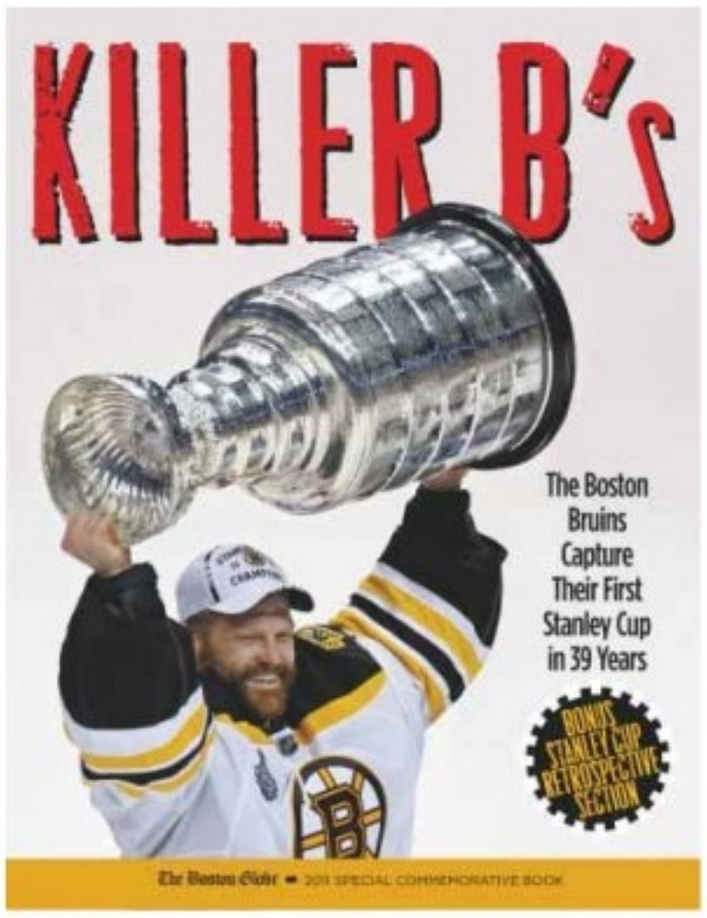
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Fractionals are similar to time-shares, but with deeded ownership, which means you actually own real estate shares that can be sold or willed like a normal property deed.

"Most people who have a second home use it for three to four weeks of the year. But they have all the headaches and expense of maintenance and taxes," says Bill Catania, CEO of owners, Catania Hospitality Group. "This works out better because all the owners are sharing those expenses."

Owners can also use the resort's amenities, including the indoor wave pool with waterslide, a new outdoor pool, an exceptional on-site spa, dining and even room service. Automatic fractional ownership of a private boat club is included and an exchange program with time-share network RCI allows owners to swap time in resorts from Mexico to Canada.

Plus, because a property deed means buyers are Cape residents, they can apply for those prized parking stickers for the beach.

"It's almost worth it for that alone," jokes Catania.

Best of all, says Catania, paperwork is minimal: "It takes about a week to close. If people bought now, it's possible they could use it this season."

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WRITE TO METRO:
LETTERS@METRO.US

Money talk

The costs of the club

The Cape Codder Residence Club consists of 12 two- and three-bedroom units. One-tenth ownership starts at $129,000 and gives five weeks spread throughout the year; one-twentieth, the smallest ownership, is $69,900. Maintenance, utilities and taxes are included in annual dues. For more information: www.catania hospitalitygroup.com

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MONEY WHEN YOU NEED IT

By Attorney George Warshaw

I've always relied on a simple lending principle: banks will gladly loan you money when you don't need it; but not necessarily when you really need it.

That's why home equity loans are a key financing planning tool.

A home equity loan (often called a HELOC) is a loan against the equity in your house or condo. The interest rate is typically based on the prime rate and can float or change monthly as the prime changes. It functions like a credit card.

I spoke with William Schulz, a banker at Citibank (Government Center branch, william.h.schulz@citi.com, 617-725-0104), a specialist in home equity loans.

"Because interest is often (i.e. not always) deductible on your taxes, many people use it for their children's college education, home remodeling, medical expenses, or to have money available should they need it," he said.

"The process is simple. It costs the borrower nothing in fees, and nothing if you don't use it. Once you provide the necessary paperwork, it's usually 30 days to closing."

Since interest paid on a credit card is often not deductible, a HELOC can be a sensible way of making major purchases – but be careful: like any mortgage loan, it has to be repaid! © 2011 George Warshaw.

GWA

Attorney George Warshaw represents buyers and sellers of homes, condos and investment properties, prepares wills and trusts for inheriting real estate, and trusts that protect your children and pets. George welcomes new clients and questions at metro@warshawlaw.com.

Fellini under the stars

Forget the freezing cold and overpriced movie theater ◗ This summer, host a movie night outdoors ◗ Products to turn your backyard or roof into an IMAX

1 Don't have a projector or a 12-foot wall in your backyard? No prob: You can still hold a screening outside with the HD Flow wireless multimedia kit. This device streams an HD wireless signal anywhere within a 131-foot range, meaning you can take your TV outdoors and watch the game while grilling out. **$389, www.hdflow.com.**

2 A portable table to hold your mojitos and remote. CB2 Formosa burnt orange tray table, **$50, www.cb2.com**

3 La-Z-Boys aren't just for lazing in your living room. This weather-resistant chair has an adjustable backrest and footrest so you can get your lounging position just right. Outdoor patio La-Z-Boy recliner chair, **$249, www.target.com**

4 No fighting — everyone gets their own popcorn bowl. Martha Stewart Collection melamine bowl set, **$35, www.macys.com**

5 Grab one of these and usher yourself to the bathroom. Green Cargo Lantern, **$12, www.conranusa.com**

TINA CHADHA
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The Boston Home Center

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City of Boston, Thomas M. Menino, Mayor
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